

Creative Living

with Sheryl Borden
6500 Series



Foods & Nutrition - Section II



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Foods & Nutrition

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Due to the size of this section, it has been separated into two sections in order for it to be downloaded more quickly. For instance, “The Importance of Whole Grains in the Diet” is in Section I on page 3, whereas “Healthy School Lunches & Snacks” is in Section II on page 9.



Did you know that ounce for ounce, figs provide a nutritional punch that

is hard to match by any other fruit? Here are some additional facts:

- California figs are an excellent source of dietary fiber. Just 3 to 5 figs – dried or fresh – provide 5 grams of dietary fiber or 20% of the Daily Value.
- North Americans of all ages fail to eat recommended amounts of fruit. Therefore, diets are low in nutrients and phytochemicals that fruits, such as California Figs, can provide.
- Choosing figs and adequate numbers of other fruit and vegetable servings add fiber, magnesium, calcium, antioxidants and potassium to the diet.
- California Figs are an easy way to add a serving of fruit to reach the daily recommendation of 4 cups (8 to 13 servings) of fruits and vegetables.
- Figs are rich in antioxidants among dried fruits and rank higher in antioxidants than red wine and tea, well known for their polyphenolics.
- California Figs are an all-natural energy source, perfect for an afternoon snack or a quick snack before a game or workout.

Figs are a good-for-you, natural snack but are also a great ingredient for healthy cooking. Try this recipe for a simple and healthy meal.

Turkey Sliders With California Pepper Fig Salsa

California Pepper Salsa

- 2 1/2 cups diced fresh California figs
- 1/2 cup diced red bell pepper
- 1/2 cup golden raisins

Delicious & Nutritious California Figs

- 2 green onions, thinly sliced
- 1 jalapeno pepper; stemmed, seeded and minced
- 1 tablespoon fresh lemon juice
- 1/2 tsp. ground ginger

Sliders

- 1 package (20-ounce) fresh lean ground turkey
- 1 cup finely minced dried California figs
- 1/4 cup sliced green onions
- 2 tablespoons chopped fresh herbs, i.e., marjoram, thyme, rosemary and sage, to taste
- 3/4 teaspoon sea salt
- 1 cup baby arugula leaves
- 12 small dinner rolls, cut in half, horizontally

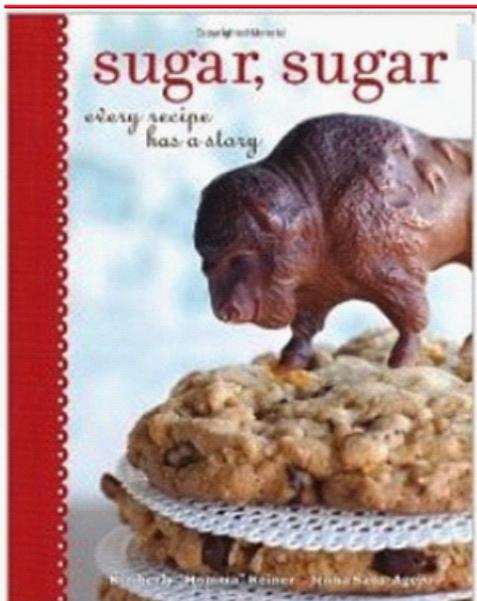
Combine salsa ingredients in medium bowl and stir together. Cover and chill for several hours to blend flavors.

For sliders, combine turkey, minced dried figs, green onions, herbs and sea salt in medium bowl and mix to combine well. Divide and shape into 12 small, flat burgers. Generously oil grill or barbecue and cook over medium-high heat for 3 to 5 minutes on each side, until done (165°F).



Arrange a few arugula leaves on bottom half of each roll; top with turkey burger and spoon on salsa. Replace tops and secure with toothpicks, if desired. Serve with additional salsa for self-service. Serves: 12 slider appetizers or 4 main course.

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Seaside Toffee

Submitted by Jill Stuart
From her mother, Darlene Bowen's recipe
Arcadia, California

Jill, who lives near the seashore, and her mother, Darlene, have an annual tradition of making Seaside Toffee at Jill's house for the holidays. Every year, the duo channel Lucy and Ethel, making toffee and packaging it in festive decor such as holiday tins, window boxes, or cellophane bags tied with a ribbon. The ladies deliver their candy to teachers, clients, neighbors, friends, and family. They make certain that everyone receives their fair share to ensure that "toffee wars" do not ruin the holiday spirit.

Seaside Toffee

- 2 cups finely chopped toasted almonds (divided)
- 24 ounces semisweet chocolate chips (about 4 cups, divided)
- 2 cups (4 sticks) butter, at room temperature
- 2 cups granulated sugar
- 3 tablespoons water
- 1 tablespoon vanilla extract

Spread 1/2 cup of the toasted almonds in a single layer across an ungreased 15 1/2 by 12-inch rimmed baking sheet. Next, spread 2 cups of the chocolate chips evenly across the sheet and set aside until the toffee is prepared.

Melt the butter in a saucepan over medium heat. Stir in the sugar and water. Continue to

stir occasionally until the sugar dissolves. Bring the mixture to a soft boil and continue cooking, stirring only occasionally, until the mixture has a peanut butter color and a candy thermometer reads 300° F (about 25 minutes). This is the hard-crack stage, when syrup dropped into ice water will separate into threads that will break immediately when bent.



Remove the mixture from the heat and add the vanilla and 1/2 cup of the remaining almonds. Stir well to combine. Carefully pour the toffee on the baking sheet over the nuts and chocolate. Cool for 5 to 10 minutes, until the candy begins to set. Sprinkle the remaining 2 cups chocolate chips over the toffee. Use a knife or an angled spatula to spread the chocolate evenly over the toffee as it begins to melt. Spread the remaining 1 cup almonds over the chocolate. Place the baking sheet in a cool, dry place to set overnight. Use a knife to break it into pieces. Store in an airtight container.

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FREEKEH FOODS

Freekeh? What is that?

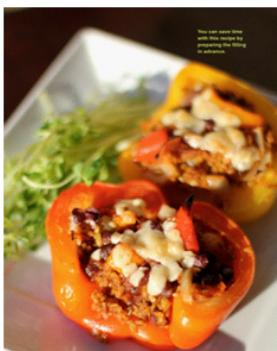
So glad you asked! Freekeh is a process which means “to rub” in Arabic. Freekeh was created by accident nearly 2,000 years ago when a Middle Eastern village was attacked and their crop of young green wheat was set ablaze. Most folks would sulk over their misfortune, but the crafty villagers rubbed off the chaff, cooked it up and “Eureka!” Freekeh was created. We’re proud to offer you this tasty, nutritious ancient grain with a funny name.

So what do you do with Freekeh?

The question should be... what can't you do with it? We love it in soups, pilafs, salads, you name it! There really is no wrong way to Freekeh! So go ahead -- unleash your imagination and make it your own. Adopt it, fall in love with it.

Vegetarian stuffed peppers

Stuffed peppers take a little longer to prepare, but they're worth it. They can be frozen individually, so they make a great grab-and-go lunch. If you have any of the stuffed pepper filling left, toss it in a whole wheat wrap or on top of some greens for a Mexican salad.



- 1 8-ounce package cracked freekeh (1 cup)
(use Original, Tamari, or Rosemary Sage variety of Freekeh)
- 2 1/2 cups water or vegetable broth
- 4-6 sweet peppers, sliced in half and seeds removed
- 1 15-ounce can Aduki beans, or pinto beans
- 1 12-ounce jar of your favorite salsa
- 2 tablespoons tomato paste
- 6-8 cloves of garlic, chopped
- 1 small onion, diced
- 2 limes, juiced
- 1/2 bunch of fresh cilantro
- 1 1/2 cups corn, fresh or frozen, thawed
- 2 cups grape tomatoes, sliced in half
salt and fresh cracked pepper to taste

step 1 - preparing the peppers

Add about 2 inches of water to a large pot and bring to a boil. Reduce heat to low and add in the sweet peppers. Cover and cook for about 4-5 minutes until they're slightly soft. Remove peppers from pot and set aside to cool.

step 2 - preparing the stuffing

Pour 2 1/2 cups water and the freekeh in a saucepan and bring to a boil for about a minute. Reduce heat to medium. Stir in tomato paste, onion and garlic. Cover and simmer for about 25 minutes until the freekeh is tender. In a large bowl, add freekeh and all ingredients except the steamed peppers, stir and set aside.

step 3 - stuffing the peppers

Place the peppers in a 9 x 12 casserole dish. With a large spoon, carefully fill the peppers. The contents can come up above the edge of the pepper. Pour about 1/4 inch of water in the dish and place in pre-heated oven. Cook for about 30 minutes. Serves 6.

option: Sprinkle grated low-fat pepper jack cheese on top of the peppers after 20 minutes and continue to cook 10 minutes more.

Mexican freekeh chili

Like most chili, this tastes even better the next day. I have made this a thousand ways using just beans and sometimes adding spicy sausage to the chili. Sometimes in a pinch, I even add a jar of whatever salsa I have on hand if I am out of fresh peppers and it tastes great.

- 1 8-ounce package cracked freekeh (1 cup)
- 1 large onion, diced
- 8-10 garlic cloves, smashed
- 2 sweet peppers, sliced in 2-inch strips
- 1 jalapeno, diced with seeds removed or 1/4-sliced poblano pepper
- 4-6 tablespoons mild chili powder
- 1 teaspoon cumin
- 1 14.5-ounce can fire roasted crushed tomatoes
- 1 14.5-ounce can tomato sauce
- 1-2 cups water

- 1 15-ounce can Aduki beans, pinto beans or black beans, rinsed, drained
fresh cracked pepper and salt to taste
a few shakes of your favorite hot sauce or chili sauce

In a pot, toss in olive oil, onion, sweet peppers and garlic and sauté on medium until onions are translucent. Add in all spices as well as the remaining ingredients and stir. Keep heat on low and continue to cook with lid partially on for about 25 more minutes or longer, if desired. For more flavor, simmer on low for an hour or longer.



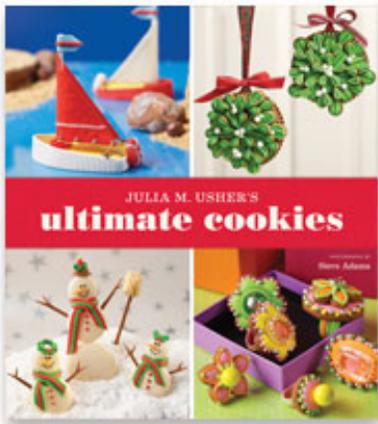
option 1: For a smokier spicy flavor, add in a diced chipotle pepper. They're found in the ethnic aisle of most grocery stores. Freeze the remaining peppers in a small plastic bag for next time you make chili. How hot can you go?

option 2: Add in Field Roast Chipotle Vegetarian Sausage® or Tofurkey Kielbasa Vegetarian Sausage®, to this recipe! You can find it at Whole Foods and other health food stores. You can also add browned, lean ground turkey to this dish. If you do, you may want to add another 2 cups of tomato sauce or water to keep it moist.

Try sprinkling nutritional Yeast instead of cheese. It's vegan, tastes like cheese and has lots of protein! Instead of sour cream, try topping with non-fat plain Greek-style yogurt.

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Wafer-Papering Cookies

Another speedy way to add impressive cookie detail, wafer-papering refers to the application of wafer paper to cookie tops using

corn syrup as the “glue.” Wafer paper is virtually tasteless and quickly dissolves on the tongue, so it doesn’t detract from the cookie eating experience the way large pieces of modeling media sometimes do. You can either purchase paper already printed with edible ink or custom-print your own patterns using a dedicated printer with edible ink.

Although one of the easier techniques, wafer-papering does require attention to detail. First, the paper will not stick to a naked cookie - only to one that has been top-coated or covered with rolled fondant or another modeling medium. The paper is also translucent, so be sure to top-coat cookies with a color that you don’t mind seeing through the paper, and which is light enough to allow the pattern to show well. Since some pressure is needed to fix the paper in place, cookie top coats should be dried completely, ideally overnight, before the paper is applied. The paper is also rather delicate, so handle it carefully. And avoid getting it wet or too damp with the corn syrup “glue,” as it can tear or even dissolve.

Wafer paper can be applied to an entire cookie surface, or it can be cut or punched out (using craft paper punches) and applied to smaller areas of a cookie. While the technique is basically the same regardless of how much cookie you cover, there is one important exception. To apply paper to an entire cookie, paint the cookie top coat with corn syrup and then lay the paper on top. This is the quickest approach; plus, you’re less likely to rip the paper if you don’t paint it. However, to apply paper to a small area, always paint the back of the paper and then set the paper on the cookie. Why the difference? Because any corn syrup that gets on the cookie, and which isn’t later covered with paper, will end up drying into a shiny and not so attractive spot.

Once the paper is on, dry it for at least an hour before adding borders or other icing details on top. The paper has a tendency to lift, especially along cut edges, if icing is applied too soon. Last, but not least, dry the cookies with the paper facing up despite what packaging instructions may tell you. The paper, especially if laid on larger cookies, can buckle if dried face down. It also dries faster if exposed to the air.

Wafer-Papering an Entire Cookie

(a) Trace the outline of the cookie on the back side of the wafer paper using the cookie cutter originally used to cut the cookie.



(b) Remember, wafer paper will not stick to a naked cookie, so the paper must be trimmed to fit the icing (or modeling medium) on the cookie top - and to remove the tracing marks.



(c) Use a small, soft sponge brush to spread a very thin layer of corn syrup on the icing (or modeling medium). Blot shiny wet spots with paper towel. The surface should only be tacky, as the paper can buckle and dissolve in overly wet spots. Avoid bristle brushes for this task, since the bristles tend to pull off and get stuck in the corn syrup.



(d) Stick the paper on one edge of the cookie and gradually smooth down the rest of the paper, working out any air bubbles as you go. Setting down the paper in one fell swoop can often trap air bubbles, especially if you're working with a large piece of paper. Press down the edges well, as they have a tendency to lift.



(e) Before adding a border, air-dry the paper face up; then trim any paper that overhangs the icing. Extra paper at the edge can sometimes interfere with even piping of borders.



COURTESY: Julia Usher
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BREAD MACHINE MAGIC!

Using a bread machine is like a magic act, measure a few simple ingredients and add to the bread machine bucket. Program the machine to mix and bake a loaf of bread OR program the machine to let the machine make the dough. Then, remove the risen dough, and shape into rolls and bake in a conventional oven. Enjoy these fiber-rich rolls for breakfast, the most important meal of the day. You can also pack them for school lunch or have these nutritious rolls made for an after-school snack.



Quick Raisin Granola Breakfast Rolls

- 1 cup Raisin Bran cereal
- 1 cup granola*
- 1 1/2 cups water, room temperature (80° F)
- 2 tablespoons unsalted butter, room temperature
- 2 tablespoons brown sugar
- 1 tablespoon honey
- 1 tablespoon ground cinnamon
- 2 tablespoons nonfat dry milk powder
- 1/2 cup buttermilk, room temperature
- 1 teaspoon salt
- 2 1/2 cups King Arthur Unbleached Bread Flour
- 1 1/3 cups King Arthur White Whole Wheat Flour
- 1/2 cup California raisins
- 2 1/4 teaspoons Fleischmann's® Active Dry Yeast
- *Quaker Natural Granola with Oats, Honey & Raisins

Topping:

- 1 cup granola
- 1 egg white, beaten

Place Raisin Bran cereal and granola in large plastic bag. Finely crush using a rolling pin. Have ingredients at room temperature. Add ingredients to the bread machine's pan as suggested by the manufacturer. Program on DOUGH cycle (about 1 1/2 hours). Check the dough's consistency after 5 minutes. If it is too dry, add 1/2 to 1 tablespoon water; if dough is too wet, add 1 tablespoon flour at a time to form a soft dough. For topping, place 1 cup granola in plastic bag; using rolling pin to finely crush. Place egg white in small bowl and beat with fork. When cycle is complete, remove dough and divide into 18 equal pieces; shape into rolls. Dip each roll in egg white and granola, lightly pressing granola onto dough. Place rolls onto greased, 13 x 18-inch sheet pan. Cover, let rise until double. Bake in preheated 350° F. oven 17 to 20 minutes or until golden brown. Remove rolls from pan and cool on wire rack.

To prepare dough without bread machine:

In electric mixer bowl, dissolve yeast in warm (100° to 110° F) water. Let stand 10 minutes. Add crushed cereal, granola and raisins. Add dry milk, buttermilk, brown sugar, honey, whole wheat flour, 2 cups bread flour, cinnamon, butter and salt. Mix 2 minutes on medium speed. Gradually add remaining 1/2 cup bread flour to make slightly sticky dough. Knead dough by hand or with dough hook 8 to 10 minutes or until smooth and elastic. Place in lightly greased bowl, turning to coat top. Cover; let rise in warm place until doubled in bulk. Punch down dough. Continue as in previous instructions.

Makes 18 rolls. One roll provides approximately 194 calories; 6 g protein; 38 g carbohydrate; 3 g dietary fiber; 3 g fat (1 g saturated); 4 mg cholesterol; 50 mcg folate; 2 mg iron and 195 mg sodium.



Go-To Recipes for Family Celebrations



Turkey Smoked Sausage and Vegetable Kabobs

- no-stick cooking spray
- 2 medium sweet potatoes, cubed
- 1/2 cup apricot preserves
- 2 tablespoons spicy brown mustard
- 1 package Butterball® Smoked Turkey Dinner Sausage, cut into 1/2-inch slices
- 1 medium red bell pepper, cut into 1-inch pieces
- 1 medium yellow bell pepper, cut into 1-inch pieces
- 1 large red onion, cut into 8 wedges

Spray cold grate of outdoor grill with cooking spray. Preheat grill for medium direct heat. Place sweet potatoes in medium saucepan. Add enough water to cover. Bring to a boil on high heat. Cook 5 to 7 minutes, or until almost tender. Meanwhile, combine preserves and mustard. Set aside. Drain potatoes. Thread evenly onto 8 skewers alternately with the sausage, bell peppers and onion. Grill 8 to 10 minutes, or until sausage is hot and vegetables are crisp-

tender, turning and brushing several times with the preserves mixture. Serves 8.



Turkey Foil Wrap-Up

- 1 package Butterball® Smoked Turkey Dinner Sausage, cut into 1" pieces
- 1 medium zucchini, sliced 1/2" thick
- 1 medium yellow squash, sliced 1/2" thick
- 1 large onion, cut into chunks
- 1 medium red bell pepper, cut into 1" pieces
- 1/4 cup apple juice
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon butter

Prepare the grill for indirect medium heat. Cut an 18-inch square of heavy foil. Place sausage, zucchini, squash, onions, and peppers in center of foil. Add the apple juice and rosemary. Cut butter into small pieces. Place evenly over all. Seal the foil. Place on grill. Cook 50 to 55 minutes or until sausage is heated through (160° F) and vegetables are tender. Serves 4.

Turkey and Roasted Pepper Quesadillas

- 1 package (5 ounces) Butterball® Thin Sliced Honey Roasted Turkey Breast
- 8 slices Swiss cheese
- 1/4 cup chopped roasted red peppers
- 2 tablespoons chopped fresh parsley
- 1 tablespoon olive oil
- 4 (10 inch) flour tortillas

Place equal amounts of turkey, cheese, roasted peppers, and parsley on each of 2 tortillas. Top each with another tortilla. Place a 12-inch nonstick skillet over medium heat until hot. Add olive oil. Tilt skillet to coat bottom. Carefully add the tortillas. Cook 3 minutes on each side, pressing down on top with a spatula, or until the cheese is melted and the tortillas are golden. Remove from pan and cut into wedges. Serves 4.

Turkey Turnovers

- 1 cup quartered fresh mushrooms
- 1/2 cup chopped onion
- 1 clove garlic, minced
- 1/8 teaspoon dried thyme leaves
- 1 tablespoon vegetable oil
- 1 tablespoon all-purpose flour
- 1/3 cup whipping cream
- 1 cup chopped leftover cooked Butterball® Turkey
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 can (8 ounces) refrigerated crescent rolls

Preheat oven to 375° F. Cook mushrooms, onion, garlic and thyme in oil in a large skillet on medium-high heat until onions are soft. Add flour. Cook 1 minute or until well blended, stirring constantly. Stir in cream. Cook and stir until thickened. Stir in turkey, salt and pepper. Remove crescent rolls from package. Flatten and separate into 4 rectangles. Press perforations together to seal into four solid rectangles. Spoon about one fourth turkey mixture onto center of each rectangle. Fold into triangles. Press edges to seal in turkey mixture. Place on baking sheet. Bake 15 to 18 minutes or until golden. Serve hot. Serves 4.



Combine all ingredients except turkey and oil. Blend well. (May be prepared 2 to 3 days in advance. Store mixture in an airtight container at room temperature.) Remove neck and giblets from body and neck cavities of turkey; refrigerate for another use or discard. Drain juices from turkey; pat dry with paper towels. Turn wings back to hold neck skin in place. Return legs to the tucked position, if untucked. Place turkey, breast side up, on flat rack in shallow roasting pan. Brush outside of the turkey with half of oil; rub outside and inside cavity with spice mixture. Cover and refrigerate 12 hours or overnight. Preheat oven to 325° F. Brush spiced turkey with remaining 3 tablespoons oil. Bake approximately 3 hours*, or until meat thermometer reaches 180° F when inserted in thickest part of thigh. Remove turkey from oven. Let turkey stand 15 minutes before carving. *Follow cooking times according to package directions; times vary by size of turkey.

Roast Turkey With Spicy Rub

- 3 tablespoons firmly packed light brown sugar
- 3 tablespoons kosher salt or sea salt
- 3 tablespoons paprika
- 2 tablespoons chili powder
- 2 teaspoons black pepper
- 2 teaspoons roasted cumin
- 1 teaspoon ground coriander
- 2 teaspoons garlic powder
- 2 teaspoons crushed red pepper flakes
- 1 Butterball® Turkey (12 to 14 pounds), thawed if frozen
- 6 tablespoons canola oil, divided

Tip: For a spicier rub, increase crushed red pepper to 1 tablespoon and add 1 or 2 teaspoons cayenne pepper.

COURTESY: Marty Van Ness
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Chef Johnny Vee Shares Knife Skills

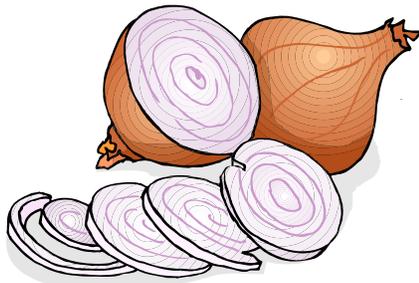
Chef Johnny Vee discusses the different brands of knives available in stores today and compares German brands, such as J.A. Henckels, and Wusthof, to Asian brands, including Global, Shun (his Favorite) and Miyabi.

He also talks about the different parts of a knife as well as proper holding and cutting skills. Chef Johnny Vee will also talk about which knife to use for which cutting chore, as he demonstrates the proper way to cut an onion. He emphasizes taking care of your knives and will show how to correctly use a knife steel to sharpen knives.

FRENCH ONION SOUP

Serves 6-8

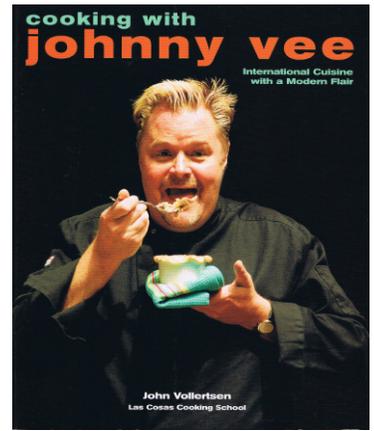
- 4 Tbsp. butter, 1/2 stick
- 2 lbs. yellow onions
- 1 Tbsp. flour
- 6 cups beef stock
- 1 cup dry port or sherry
- 1 bouquet garni
- Salt and pepper to taste
- 1 baguette, sliced into 1/2 inch thick rounds and toasted
- 2/3 cup grated Gruyere or Swiss cheese
- 1 tablespoon chopped parsley



Method:

- 1) Peel and slice onions as thin as possible. Melt butter in the bottom of a heavy roasting pan. Add onions and stir. Sprinkle flour over onions and cover with aluminum foil.
- 2) Preheat oven to 300° F. Place onions on middle rack in oven and allow to bake for up to 3 hours, stirring occasionally, until nicely browned.
- 3) Remove onions from roasting pan and deglaze pan with sherry or port over medium heat. Scrape onions into large soup pot. Add bouquet garni and beef stock.
- 4) Bring soup to a boil and turn down to simmer immediately.
- 5) Allow to simmer for 20 minutes. Season with salt and pepper.
- 6) Ladle soup into oven-proof bowls and top with toasted baguette. Divide cheese over baguette slices.
- 7) Place bowls under preheated broiler and grill until cheese is melted and bubbly. Top with chopped parsley and serve immediately.

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